

Step 2: Complete your individual action plan by June 30, 2010

1. Here your health risks are identified so you can pick an individual action plan that addresses your risks

2. Preview your wellness assessment score

3. View eligible individual action plans

4. Reference to WebMD Health Coaching

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WebMD Wellness Assessment Questionnaire

Whether you have just a few steps to take toward better health, or you have a longer journey ahead, informed and practical support from a health coach can help you achieve success.

Secure Messages (1 new) Rewards check status

Take WAQ Now
WAQ Summary
Risk Reports
Condition Reports
Physician Summary
Print or Fax Report

Your WAQ Score

88
out of 100

stageuatstf33, based on your answers your top risk factors are Nutrition and Stress. From here you can review the Wellness Assessment Questionnaire results in detail.

Individual Action Plans

Congratulations on completing your Wellness Assessment. If you are participating in the Healthy IncentivesSM program and want to achieve the Gold Out-of-Pocket benefit expense level, you must select an Action Plan from the list below, enroll and complete all components of the program by June 30th. To see a short description of a program just click on the "i" icon. Special Note: If you would like to select the Nutrition or Exercise Lifestyle Improvement Program as your Individual Action Plan, but need a paper version, please contact WebMD Customer Support at 1-866-584-6813, and ask to be enrolled in the paper version of either. You are eligible for the following options:

- ☐ Free and Clear Tobacco Cessation Program
- ☐ WebMD Lifestyle Improvement Program: Exercise
- ☐ WebMD Lifestyle Improvement Program: Nutrition
- ☐ WebMD Lifestyle Improvement Program: Weight Mgmt
- ☐ WebMD Lifestyle Improvement Program: Stress Mgmt
- ☐ King County Live Well Challenge
- ☐ Weight Watchers at Work
- ☐ No thanks, I don't want to be eligible for Gold Status (By selecting this option you will no longer be eligible for the Gold out-of-pocket expense level.)

Congratulations on completing the Wellness Assessment Questionnaire!

Your wellness assessment questionnaire score has indicated that you may benefit from the help of a trained health coach to interpret your assessment results and support you in completing your individual action plan. **Note that health coaching is no longer a stand alone individual action plan.** If you would like the added support and expertise of a health coach as you strive to complete your individual action plan you may contact a health coach by calling 1-866-584-6813.

[Learn more about working with your health coach.](#)

Upon submission of the wellness assessment questionnaire, the participant is presented with the individual action plan referral page



WebMD Wellness Assessment Questionnaire

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[Secure Messages \(1 new\)](#) [Rewards check status](#)

- ☒ Take WAO Now
- ☒ WAO Summary
- ☒ Risk Reports
- ☒ Condition Reports
- ☒ Physician Summary
- ☒ Print or Fax Report

Your WAQ Score

90

out of 100

The WebMD Exercise Lifestyle Improvement Program is an online program designed to help you learn more about making better choices for a healthier future. The program is paced over a 10 week period, and includes Readings and daily recording into one or more of the Planners. Participants are required to enroll into the program and complete all readings, and record a Planner entry per day for a total of 50 Planner entries over the course of the plan period, completing all required activities by June 30th. This program is also available as an offline version, via paper format. **If you choose to complete this program as your Action Plan, but need to participate in the offline version, select this option and submit the page, but do not enroll online. Contact WebMD Customer Support at 1-866-584-6813, and ask to be enrolled in the paper Exercise Lifestyle program.**

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ment. If you are participating in the the Gold Out-of-Pocket benefit the list below, enroll and complete a short description of a program like to select the Nutrition or vidual Action Plan, but need a port at 1-866-584-6813, and ask

- ☐ WebMD Lifestyle Improvement Program: Exercise
- ☐ WebMD Lifestyle Improvement Program: Nutrition
- ☐ WebMD Lifestyle Improvement Program: Weight Mgmt
- ☐ WebMD Lifestyle Improvement Program: Stress Mgmt
- ☐ King County Live Well Challenge
- ☐ Weight Watchers at Work®
- ☐ No thanks, I don't want to be eligible for Gold Status (By selecting this option you will no longer be eligible for the Gold out-of-pocket expense level.)

Click the “?” to view a short description of each individual action plan

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WebMD Wellness Assessment Questionnaire

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Your WAQ Score

90

out of 100

stageuattestf36, based on your answers your top risk factors are Stress, Exercise, and Nutrition. From here you can review the Wellness Assessment Questionnaire results in detail.

Individual Action Plans

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- ☒ WebMD Lifestyle Improvement Program: Exercise ?
- ☐ WebMD Lifestyle Improvement Program: Nutrition ?
- ☐ WebMD Lifestyle Improvement Program: Weight Mgmt ?
- ☐ WebMD Lifestyle Improvement Program: Stress Mgmt ?
- ☐ King County Live Well Challenge ?
- ☐ Weight Watchers at Work® ?
- ☐ No thanks, I don't want to be eligible for Gold Status (By selecting this option you will no longer be eligible for the Gold out-of-pocket expense level.)

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1. Click a button to select an individual action plan

2. Click Submit



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Following your Individual Action Plan selection and planner set up for certain online individual action plans, you will be taken to your wellness assessment summary page

Wellness Assessment Summary Report

1. Summary Report gives you your score and identifies your top risk factors.

2. Interactive tool allows the participant to see how their risk levels adjust with behavior change

3. This link will return the user to the individual action plan referral page

WebMD Wellness Assessment Questionnaire

WebMD Wellness Assessment Questionnaire: Summary
Now that you have your WAQ score, you can see how it compares to your peers. If your score could use some improvement, explore the fun, interactive tools below to see what actions will have the most impact on raising your score and improving your health.

[Secure Messages \(1 new\)](#) [Rewards check status](#)

☒ Take WAQ Now
☒ WAQ Summary
☒ Risk Reports
☒ Condition Reports
☒ Physician Summary
☒ Print or Fax Report

Your WAQ Score
90
out of 100
previous score:

stageuattst36, based upon your answers, your calculated WAQ score is 90, compared to your peer average of 68. Click the check boxes below or use the **Improve Your Score** sliders to see how simply improving stress can impact your overall score, as well as your risk of developing certain health conditions.

☐ Decrease your stress.
☐ Exercise more.
☐ Eat a healthier diet.

Improve Your Score
Below are some of your key modifiable risk factors. Use the sliders to see how changing your behavior can change your risks of certain conditions.

How does this tool work?

The changes you make to the risk factors to the left will affect your risk of these conditions:

Risk Factor	Low	Medium	High
Breast cancer	Low	Medium	High
Heart disease	Low	Medium	High
Colon cancer	Low	Medium	High
Chronic lung conditions	Low	Medium	High
Lung cancer	Low	Medium	High
Depression	Low	Medium	High
Diabetes	Low	Medium	High
Musculoskeletal conditions	Low	Medium	High
Stroke	Low	Medium	High

Reset to your current values [RESET](#)

Wellness Assessment Questionnaire taken: 11/15/2009

If you are using a screen reader application, you can access a [Summary of your results here](#).

[Take the next step with your Stress Risk Report](#) [Improve your health with WebMD Health Management Centers](#)

Other Resources

- [WebMD Symptom Checker](#)
- [Return to My Action Plan](#)
- [Women's Health](#)
- [Immunizations](#)
- [Screenings](#)

Once you have selected a plan, when you return to the individual action plan referral page you are reminded of the program you selected. You can also view all other programs you are eligible for if you want to change.

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Individual Action Plans

Your selected Individual Action Plan is shown below, and cannot be changed on this page.

WebMD Lifestyle Improvement Program: Exercise

You are also eligible for the following Individual Action Plans. To change your selection to another WebMD Lifestyle Improvement Program, just click the Living Healthy Menu, select the program, and follow the enrollment steps. To change to any other Individual Action Plan, click on the question mark icon next to the plan you want and follow the steps shown for contacting and enrolling in those programs. Though this page will continue to show your chosen Individual Action Plan as the first one you chose, you will be able to track progress on your newly selected plan from the rewards page.

- WebMD Lifestyle Improvement Program: Exercise
- WebMD Lifestyle Improvement Program: Nutrition
- WebMD Lifestyle Improvement Program: Weight Mgmt
- WebMD Lifestyle Improvement Program: Stress Mgmt
- King County Live Well Challenge
- Weight Watchers at Work

Individual Action Plans: Complete by June 30, 2010

Weight Watchers at Work	Attend 10 out of 13 meetings	Check website for meeting start times
Free and Clear Tobacco Cessation	5 counseling calls	Start anytime, as long as you finish by June 30th
Live Well Challenge	Log 5 of 7 days for 10 weeks	March 22 – May 30
WebMD online programs: Exercise Nutrition Weight management Stress management	Complete 10 phases of reading and 50 planner entries	Start anytime, as long as you finish by June 30th
WebMD paper programs: Exercise Nutrition	Complete 10 phases of reading and 50 planner entries	Start anytime, as long as you finish by June 30th